

# **Lifestyler™** 480

**▼ SYNCHRONIZED ACTION  
▼ ELECTRONIC ERGOMETER**

**Model No. 831.287220**

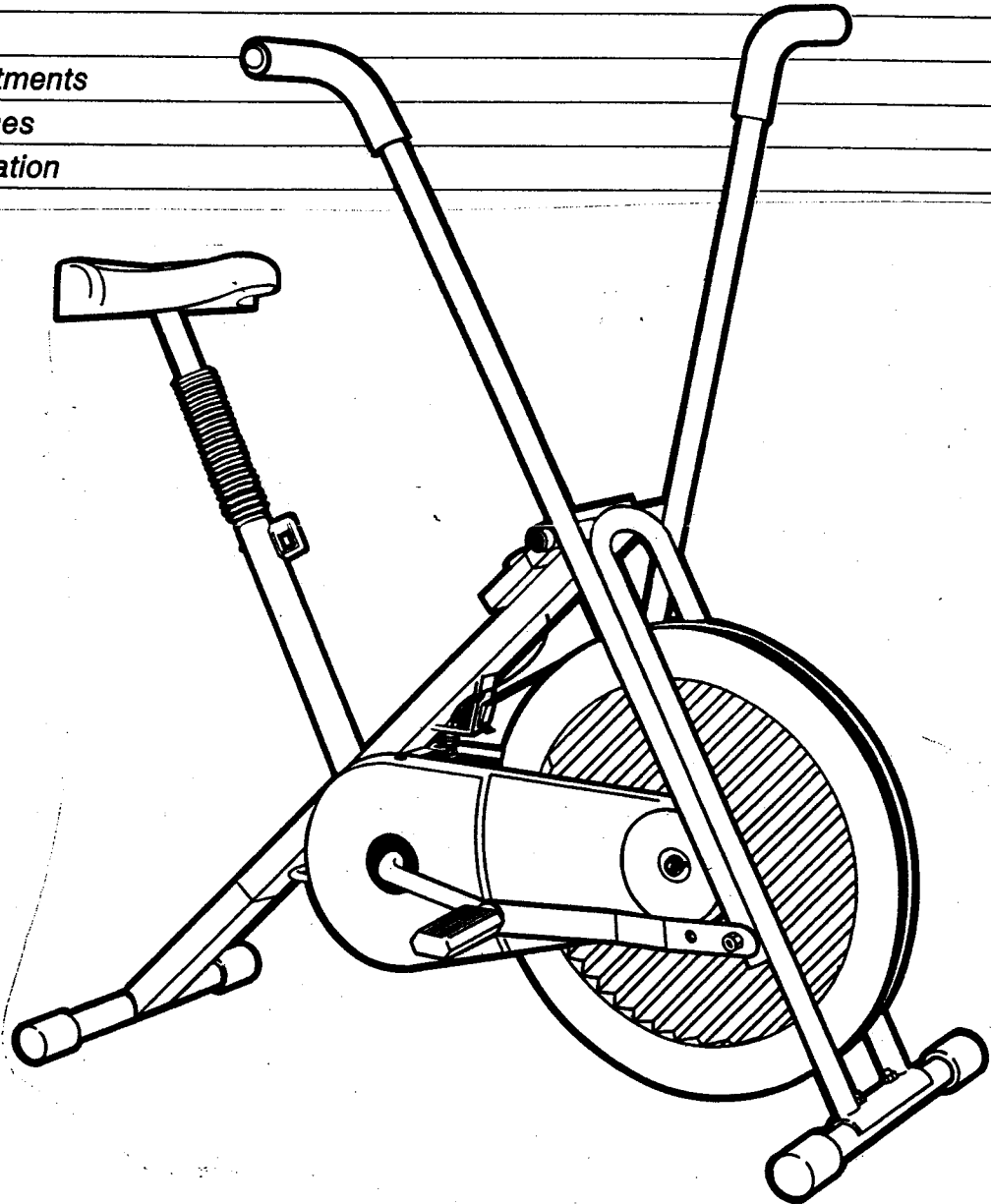
**Warranty**

**Assembly**

**Operation and Adjustments**

**Conditioning Guidelines**

**Part Ordering Information**



**SEARS®**

**OWNER'S MANUAL**

**CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.**

**Part No. 046264 9/89**

**SOLD BY SEARS, ROEBUCK AND CO., CHICAGO, IL 60684**

## **FULL 90 DAY WARRANTY ON PARTS**

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, Sears will, free of charge, repair or replace and install a replacement part for any defective part, when the Synchronized Action Exercise Bike is used in a normal manner.

This warranty does not apply when the Synchronized Action Exercise Bike is used for commercial or rental purposes.

**SERVICE IS AVAILABLE BY CONTACTING YOUR NEAREST SEARS SERVICE CENTER/  
DEPARTMENT IN THE UNITED STATES.**

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

**SEARS, ROEBUCK AND CO., DEPT. 731CR-W, CHICAGO, IL 60684**

2  
2

# **Lifestyler<sup>TM</sup> 480**

**✓ SYNCHRONIZED ACTION**  
**✓ ELECTRONIC ERGOMETER**

---

## TABLE OF CONTENTS

---

Warranty	2
Safety Precautions	3
Before You Begin	4
Assembly	5
Adjustment and Operation	7
Maintenance and Storage	8
Conditioning Guidelines	8
Part List	10
Exploded Drawing	11
Part Ordering Information	12

## **IMPORTANT SAFETY PRECAUTIONS**

- 1. Always use this exercise bike on a clear, level surface.**
- 2. Do not wear flowing clothing that could become caught in the exercise bike.**
- 3. Keep your hands away from moving parts.**
- 4. Keep small children away from the exercise bike during use.**

**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this Sears product.

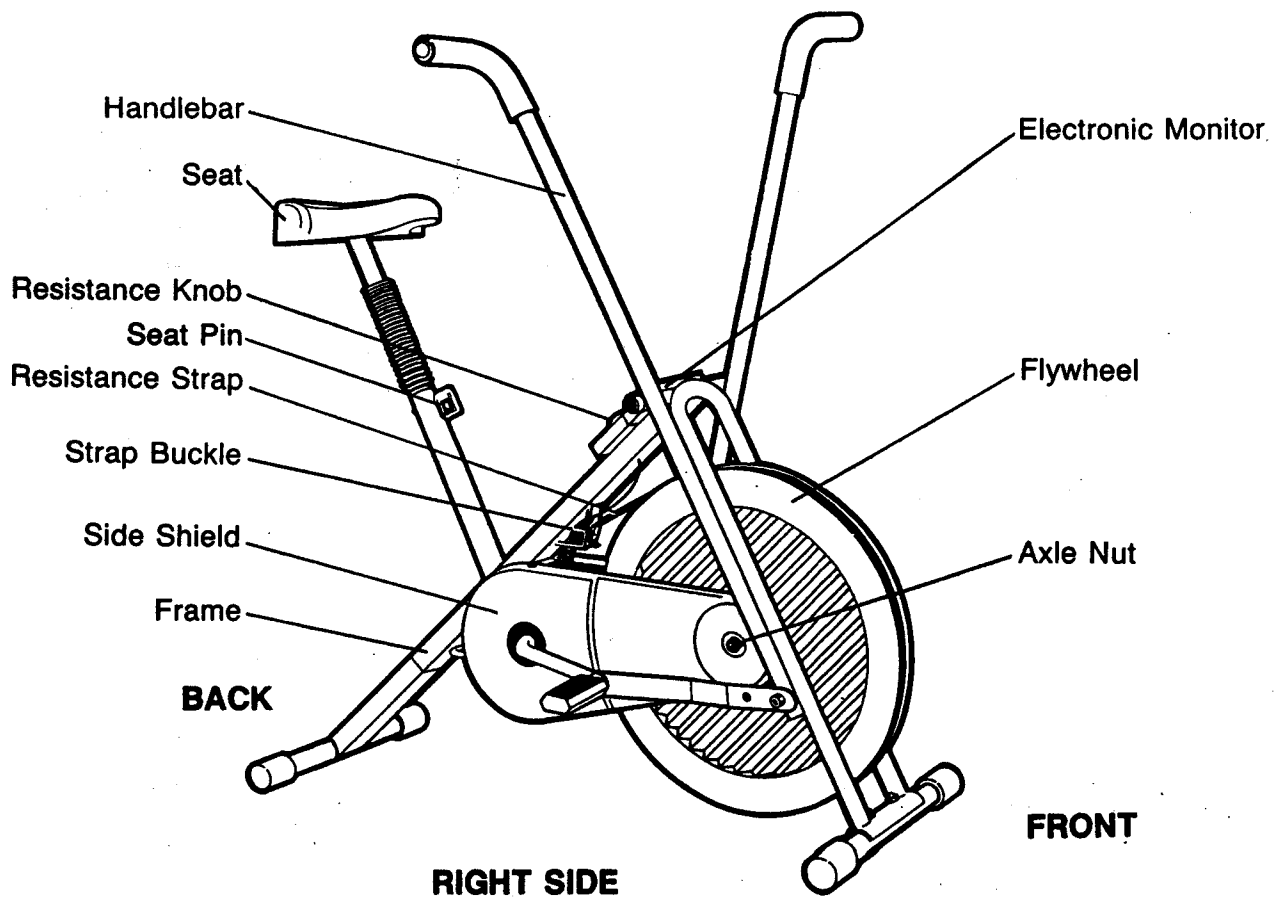
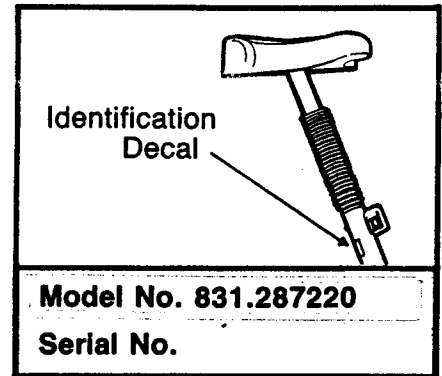
# **BEFORE YOU BEGIN**

Thank you for purchasing a Sears Lifestyler 480 Synchronized Action Electronic Ergometer. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The unique Lifestyler 480 combines advanced engineering with innovative design to let you enjoy this healthful exercise at your convenience, in the privacy of your own home. In addition, the Lifestyler 480 features synchronized-action handlebars to add the benefits of upper-body exercise to your workout!

This manual is designed to help you easily assemble, adjust and use this exercise bike. Read this manual carefully. If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, (in Canada at 1-800-824-8949), during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. If possible, place the exercise bike near your telephone when calling.

In all correspondence regarding this exercise bike, please refer to the product model number (see the box to the right) and the serial number (found on the decal located on the bike frame). Write the serial number in the box for easy reference.

To help you understand the instructions in this manual clearly, study the drawing below and familiarize yourself with the parts labeled.



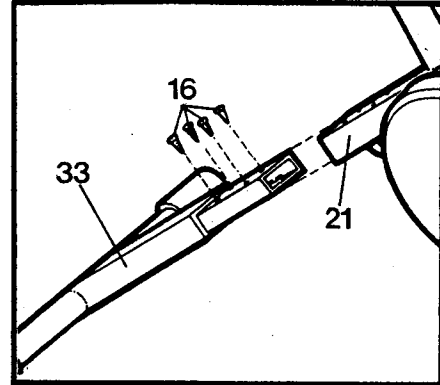
4  
4

0  
F

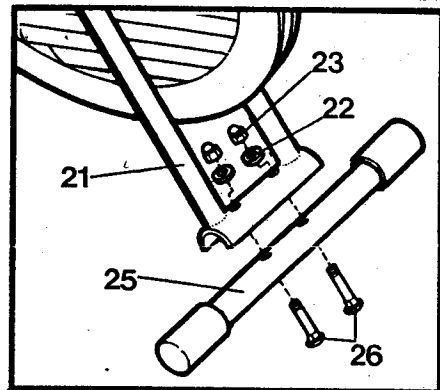
# ASSEMBLY

Set all parts in a clear area on the floor and remove the packing materials. **Be sure that all parts are included before disposing of the packing materials.** Read the instructions below carefully before beginning assembly. Refer to the Exploded Drawing and the Part List on pages 10 and 11 for help in part identification. Assembly can be completed using the tool included.

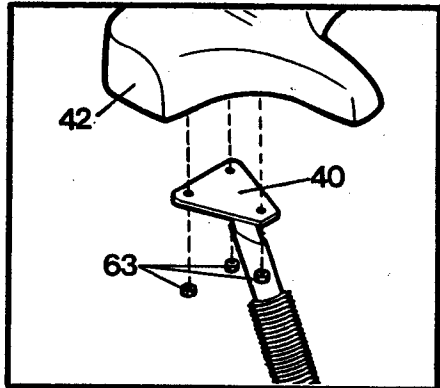
1. Attach the Rear Stabilizer (33) to the Frame (21) with the four Mounting Screws (16).



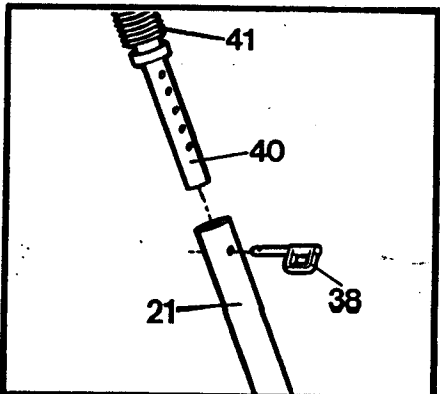
2. Attach the Front Stabilizer (25) to the Frame (21) with the two Carriage Bolts (26), Stabilizer Washers (22) and Acorn Nuts (23).



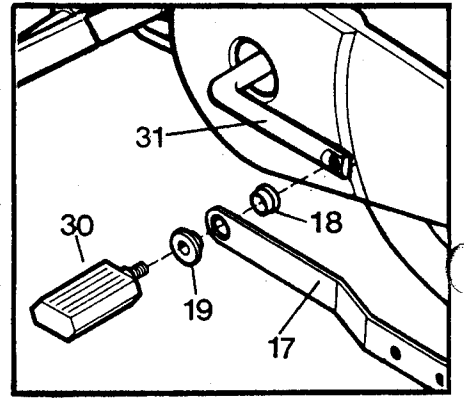
3. Remove the three Nuts (63) from the underside of the Seat (42). Attach the Seat to the bracket on the Seat Post (40) with the three Nuts.



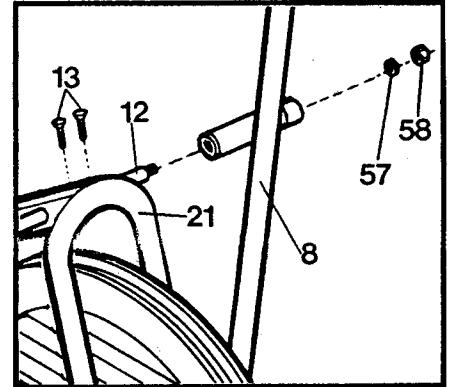
4. Raise the Bellows (41) and insert the Seat Post (40) into the seat tube of the Frame (21). Adjust the Seat to the desired height and slide the Seat Pin (38) through the Frame and the Seat Post.



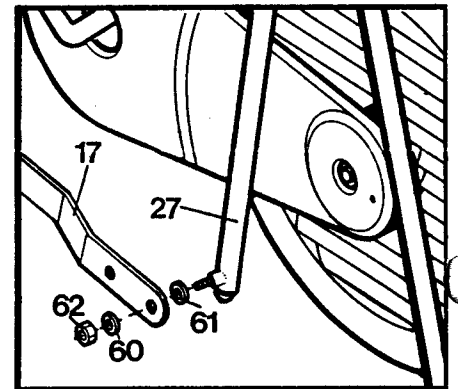
5. Slide a Black Bushing (19), Handlebar Arm (17) and a Steel Bushing (18) onto the Shaft of the Right Pedal (30) as shown. (The shafts of the Pedals are marked with an "R" or an "L" for identification.) Tighten the Right Pedal clockwise into the right arm of the Crank (31). Slide the other Black Bushing, Handlebar Arm and Steel Bushing onto the Left Pedal and tighten the Pedal counter-clockwise into the left arm of the Crank (not shown).



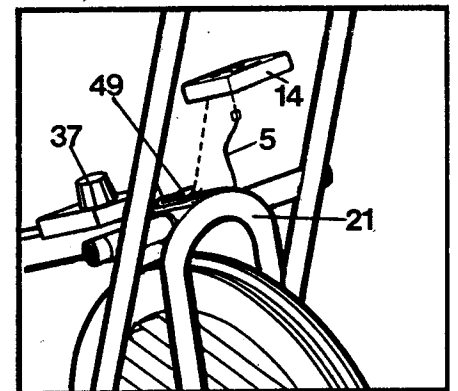
6. Slide the Pivot Shaft (12) into the Frame (21). Secure the Shaft with the two Shaft Screws (13). Slide the Left Handlebar (8) onto the left side of the Pivot Shaft as shown. Attach the Handlebar with a Pivot Washer (57) and Pivot Nut (58). Attach the Right Handlebar to the right side of the Pivot Shaft in the same manner (not shown).



7. Connect the right Handlebar Arm (17) to the lower end of the Right Handlebar (27) with a Brass Bushing (61), an Arm Washer (60) and an Arm Nut (62) as shown. (There are two holes in the end of the Handlebar Arm. Use the back hole if you are taller than average.) Connect the left Handlebar Arm to the Left Handlebar in the same manner (not shown).



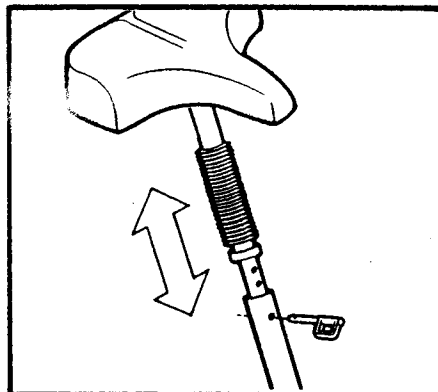
8. Plug the Sensor Wire (5) into the back of the Electronic Monitor (14). Slide the Monitor onto the Monitor Clip (49) located on the Frame (21) above the Resistance Knob (37). Make sure that all parts are tightened securely before using the exercise bike.



# ADJUSTMENT AND OPERATION

## SEAT ADJUSTMENT

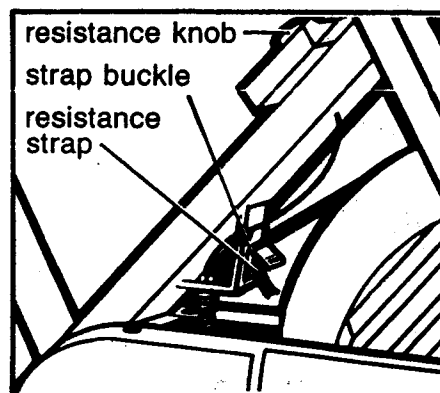
Proper seat height is important for efficient exercise. As you pedal the bike, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat, stand beside the bike, remove the seat pin, raise or lower the seat and replace the pin.



## RESISTANCE ADJUSTMENT

To vary the level of exercise difficulty, the resistance against the pedals can be adjusted with the knob located below the electronic monitor. To increase resistance, turn the knob clockwise. To decrease resistance, turn the knob counterclockwise.

If the range of resistance is too high or too low, the range can be adjusted. Turn the resistance knob counterclockwise until it stops. Open the strap buckle mounted on the frame behind the flywheel. To lower the range of resistance, loosen the resistance strap and close the buckle. To raise the range of resistance, tighten the strap and close the buckle.



## HANDLEBAR OPERATION

The handlebars are designed to move forward and back as you pedal to strengthen and tone the muscles of the arms, shoulders, chest and back. You can emphasize these muscles by lessening leg pressure and pushing with your arms as you exercise. Or you can emphasize the leg muscles by resting your hands on the handlebars and letting your legs do the work.

## ELECTRONIC MONITOR OPERATION

See the OPERATION GUIDE accompanying this manual.

## **MAINTENANCE AND STORAGE**

This exercise bike is designed to be virtually maintenance-free. Make sure that all parts are tightened securely before each use. Apply a few drops of multi-purpose oil to the chain every three months through the opening between the side shields. The bike can be cleaned using a damp cloth and non-abrasive detergent. Do not use solvents.

If the chain becomes loose, undo the axle nuts and pull the flywheel forward. Align the flywheel with the frame and retighten the axle nuts.

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems with monitors are the result of drained batteries.

Store the exercise bike in a cool, dry location, out of direct sunlight. Remove the batteries from the electronic monitor when storing the bike for extended periods of time.

## **CONDITIONING GUIDELINES**

The following guidelines will help you to plan and regulate your personal fitness program. **However, before beginning this or any exercise program, consult your physician.** Remember that adequate rest and good nutrition are also essential to the success of any fitness program.

### **EXERCISE INTENSITY**

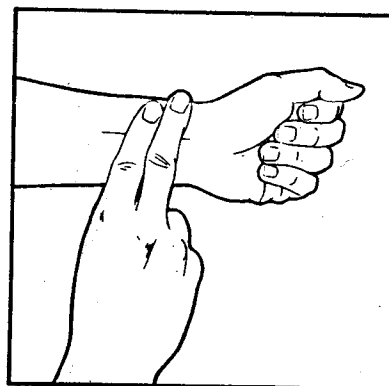
To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone."

You can determine your Training Zone by consulting the table below. Training Zones are given for both conditioned and unconditioned persons. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few weeks of your exercise program you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until you reach the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

To determine whether your heart rate is in your Training Zone, you must first exercise continuously for four minutes. After four minutes, pause briefly and take your pulse. The easiest way to measure your heart rate is to place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. Adding a 0 to the number will give you your heart beats per minute. (A six-second count is used because the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your Training Zone. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



## EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

## EXERCISE FREQUENCY

To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR EXERCISE.

## PART LIST - Model No. 831.287220

Rev. 9/89

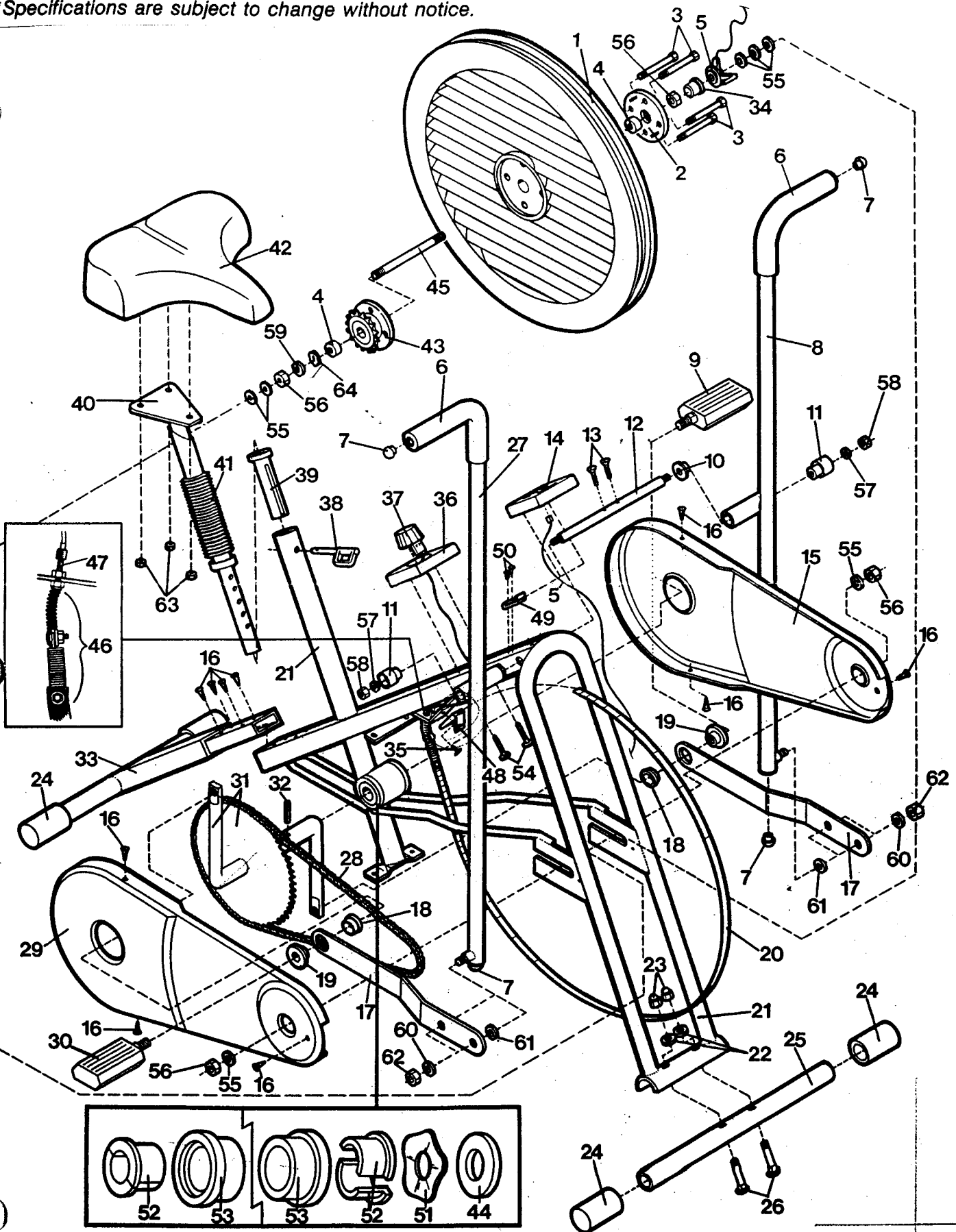
Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	021045	1	Flywheel	34	019292	1	Axle Bushing
2	061054	1	Flywheel Plate	35	013530	1	Strap Buckle Screw
3	013531	4	Flywheel Sprocket Bolt	36	019289	1	Resis. Knob Housing
4	019293	2	Bushing	37	072052	1	Resis. Knob w/Cable
5	033170	1	Sensor Wire/Driver	38	015055	1	Seat Pin
6	041065	2	Foam Handgrip	39	019288	1	Seat Tube Liner
7	040119	4	Handlebar Cap	40	007112	1	Seat Post
8	001053	1	Left Handlebar	41	010191	1	Seat Post Bellows
9	038045	1	Left Pedal	42	042005	1	Seat
10	019284	2	Small Handlebar Bushing	43	024024	1	Flywheel Sprocket
11	019285	2	Large Handlebar Bushing	44	014161	1	Large Crank Washer
12	049099	1	Pivot Shaft	45	049100	1	Flywheel Axle
13	013525	2	Shaft Screw	46	070043	1	Spring Assembly
14	032051	1	Electronic Monitor	47	013326	1	Hollow Bolt Assembly
15	010180	1	Left Side Shield	48	050001	1	Strap Buckle
16	013527	10	Mounting Screw	49	008207	1	Monitor Clip
17	008205	2	Handlebar Arm	50	013526	2	Clip Screw
18	019287	2	Steel Bushing	51	014158	1	Spring Washer
19	019286	2	Black Bushing	52	019290	2	Inner Crank Bushing
20	035043	1	Resistance Strap	53	019291	2	Outer Crank Bushing
21	NSP	1	Frame	54	013529	2	Housing Screw
22	014030	2	Stabilizer Washer	55	014040	7	Axle Washer
23	012120	2	Acorn Nut	56	012115	4	Axle Nut
24	040166	4	Stabilizer Endcap	57	014073	2	Pivot Washer
25	005047	1	Front Stabilizer	58	012042	2	Pivot Nut
26	013092	2	Carriage Bolt	59	014160	2	Steel Washer
27	001054	1	Right Handlebar	60	014073	2	Arm Washer
28	025066	1	Chain	61	019208	2	Brass Bushing
29	010181	1	Right Side Shield	62	012042	2	Arm Nut
30	038046	1	Right Pedal	63	012002	3	Seat Nut
31	023029	1	Crank w/Sprocket	64	014159	1	Waved Washer
32	015067	1	Crank Pin	#	046264	1	Owner's Manual
33	005048	1	Rear Stabilizer	#	089016	1	Monitor Operation Guide
				#	045004	1	Tool

See the back cover of this manual for part reordering instructions.

# EXPLODED DRAWING - Model No. 831.287220

Rev. 9/89

\*Specifications are subject to change without notice.



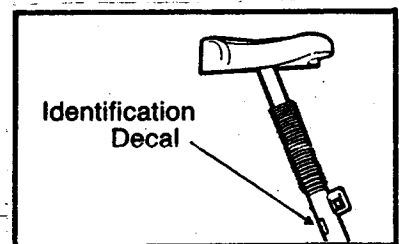
# SEARS® SERVICE is at YOUR SERVICE

## **ORDERING REPLACEMENT PARTS**

Each EXERCISE BIKE has its own MODEL NUMBER.

Always mention this MODEL NUMBER when requesting service or repair parts for your EXERCISE BIKE.

All parts listed herein may be ordered through SEARS, ROEBUCK AND CO. SERVICE CENTERS and most SEARS RETAIL STORES.



If parts you need are not stocked locally, your order will be electronically transmitted to a SEARS PARTS DISTRIBUTION CENTER for expedited handling.

**WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:**

1. The MODEL NUMBER OF THE PRODUCT (831.287220).
2. The NAME OF THE PRODUCT (Lifestyler 480 Synchronized Action Electronic Ergometer).
3. The SERIAL NUMBER OF THE PRODUCT (see the drawing above).
4. The KEY NUMBER OF THE PART from the Part List in this manual.
5. The DESCRIPTION OF THE PART from the Part List in this manual.

Your Sears merchandise has added value when you consider that Sears has service units nationwide staffed with Sears trained technicians specifically trained on Sears products, having the parts, tools and the equipment to insure that we meet our pledge to you: we service what we sell.

**SOLD BY SEARS, ROEBUCK AND CO., CHICAGO, IL 60684**

Part No. 046264 9/89

Printed in Taiwan